

Our Muscles

- ① When we think of muscles, we might often picture a bodybuilder with big arm and leg muscles. But our muscles do not have to look like that to work well.
- ② As a matter of fact, every time we write our name, we use the 20 different muscles in our hand. Every time our heart beats, we use our cardiac muscle(心肌). When eat our food, we use our tongue muscles. We even use muscle when we open and close our eye. In fact, every time we move, we use some of the muscles in our body.
- ③ A muscle made of tiny fibers are packed together to make a single muscle .We all have the same number of muscles----about 700 or so. Men and women with big muscles simply have thicker bundles of fibers.
- ④ There are three different types of muscles in our body . Smooth muscles are the ones that we cannot control. They work quietly to keep our body running. Also, they are the ones that help us to absorb our food. The cardiac muscle makes the heart pump blood in and out. Skeletal muscles are the ones that we can control. These are the muscles that we use to raise our hands, or ride our bicycles.
- ⑤ Even our face often uses muscles .But if we want to save our energy, try smiling instead of frowning. Remember that it takes 17 muscles in our face to smile, but 43 muscles to frown!

1. Paragraph①
2. Paragraph②
3. Paragraph③
4. Paragraph④
5. Paragraph⑤

A.What a muscle consists of

B:When we use our muscles

C:How people think of muscles

D:What kind of muscles we have

E:Why we have different muscles

F:Why we should smile rather than frown

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1.答案.C

解析.关键词“ think of muscles” “picture a bodybuilder with”可知第一段谈论的是对肌肉的印象，选 C。

2.答案.B

解析.文中反复出现的“every time.....,we use.....”知第二段说何时使用肌肉，选 B。

3.答案.A

解析.原文“A muscle made of tiny fibers”，可知是讲肌肉的构成，选 A。

4.答案.D

解析.根据第四段第一句“‘There are three different types of muscles in our body .’”知该段谈论肌肉的类型，选 D。

5.答案.F

解析.最后一段第二句“‘But if we want to save our energy, try smiling instead of frowning .’”出于自身节约能量考虑，应该多微笑。

Task2

6. Muscles don't have to be very big _____
7. Our muscles are working _____
8. A single muscle contains _____
9. Smooth muscles help us _____
10. Smiling uses less energy than _____

- A. frowning
- B. a lot of fibers
- C. to digest food
- D. to function properly
- E. whenever we are happy
- F. whenever we do something

~~~~~答案~~~~~

6.答案.D

解析.根据第一段最后一句“‘But our muscles do not have to look like that to work well.’”可知肌肉可以不用太健硕，也能运转正常。关键词“work well”。

7.答案.F

解析.根据第二段“every time.....,we use.....”知我们时刻在使用肌肉。

8.答案.B

解析.第三段第一句“A muscle made of tiny fibers” “made of tiny fibers”是“muscle”的后置定语，所以选 B。

9. 答案.C

解析.第四段第三句“‘Also, they are the ones that help us to absorb our food.’” “they”指“smooth muscle”。关键词“absorb our food”。

10.答案.A

解析.最后一段第二句“‘But if we want to save our energy, try smiling instead of frowning .’”关键词“save our energy” “smiling instead of frowning”知微笑更省力。